

# Northfield Senior Newsletter

OF THE CENTER  
AT



Sponsored by the Northfield Council on Aging and EOE

December 2016



## *Making Holiday Centerpieces with Kathryn's Florist*

Wednesday December 7th at 1:00pm  
Cost is \$15: COA pays \$5 for you; you pay the other \$10! Call immediately! 498-2186. Bring candles or ornaments of your own if you'd like to add them.



## *Holiday Scams*

Janice Garret and Ann Lynch from the DA's office will be here on Dec. 8<sup>th</sup> at 11:00 to share the latest in scams and how to avoid them. Come learn what to look for and what to do.

## *Healthy Eating*

Marcus Chiaretto will be here Dec. 6 at 11:45 to share more information on the class we will be offering Jan. 19-Feb. 23 at 12:15 on finding healthy nutrition choices and getting the most from your purchases.

## *Music in December*



**December 1, 15 and 22** at 11:00 and  
**December 5 and 19** at 11:30 in Betsy Llewelyn as she brings us holiday tunes.  
ROMEOS are here every Tuesday at 10:00!

### NAME THAT TUNE

Name that Christmas Tune with **Steve Damon** on **Dec. 12 at 11:30**. How well do you know your tunes? Can he stump you?



**UMass Hockey Dec. 2 6pm** Please call 498-2186 to join the fun!



**December 13** is our Christmas Dinner: Chicken Breast with sage stuffing and gravy! Sign up by **December 6** by coming in or calling 498-2186. Sing along with the ROMEOS and enjoy the festive atmosphere.



**December 21** Join us for Generations of Fun at 1:15 as we decorate cookies!



**January 5 Brown Bag** Please mark your calendars for volunteering and pick-up at the usual time. *The Senior Center will now be locked at the end of each day. Please pick up your Bag on time*



### Exercise

**Heathy Bones and Body with Mary Lyle:** seated exercises to increase bone and muscle. Wed.'s at 11:00

**Yoga with Libby Volkening:** gentle yoga in a chair for all levels. Sponsored by Life Path and EOEa; Thursdays at 9:30 am. Donations gratefully accepted.

**PVRS Strength Training:** join Abby to increase your strength and have a good laugh; Mon, Wed and Fri 6:30-7:30pm.



### Health

**Blood Pressure Clinic:** December 6 and 20 at 9:00.

**Foot Clinic:** December 6 and 20 at 9:00. Please make an appointment and bring a towel.

**Caregiver's Support Group:** December 9 (the 2<sup>nd</sup> Friday of the month) with Heather.



### Volunteers Needed

We would love to have piano players and musicians of all varieties, Benefits Counselors or SHINE volunteers, members for our *Friends Group*. What do you enjoy and want to share? Call Heather or Jeanette at 498-2186.



### Local Events

**December 2** at Old Deerfield, hear carolers of yesteryear (American Harmony) outside the Moors House beginning at 5:30.

**December 3** is the annual all town fairs day. Come do that last minute shopping and meet your friends for lunch!

**December 10** brings Special Days in Northfield! Enjoy food, gifts all around town, a hayride, visit local artisans, hear stories with Santa Claus, hear the radio version of "A Christmas Carol" with Silverthorne Theater, enjoy music and wine at Cameron's, and end the day with a bonfire and carol sing at the golf course. More details to come! Share the day with friends and grandchildren as there's something for everyone!

**December 17** at 4:30 pm is a Carol Sing at Trinitarian Congregational church. Come sing the familiar carols to bring in the season.



A visit to the town website, <http://www.northfieldma.gov/> brings you the newsletter in color every month. Not online? Consider a \$6 donation to the Council on Aging with 'newsletter' written in the memo line to be added to our monthly mailing. Send it to COA 69 Main St. Northfield, MA 01360



**First Tuesday Movie: Dec. 6; 6:30pm; "West Side Story".** This is the 3<sup>rd</sup> in our series of disaffected youth. David Rowland will lead the discussion about this much loved classic. Come enjoy the singing and dancing as we look at the characters portrayed and their life.

### **Special Town Meeting**

December 5 at 7pm at PVRS High School: There are several items on the agenda. Please visit:

[http://www.northfieldma.gov/sites/northfieldma/files/uploads/town\\_of\\_northfield\\_stm2016\\_warrant\\_posting\\_11-3-2016\\_1.pdf](http://www.northfieldma.gov/sites/northfieldma/files/uploads/town_of_northfield_stm2016_warrant_posting_11-3-2016_1.pdf) to see the warrant.



### Contacting Center Staff & services

Heather Tower, MSW Director 498-2901 x114  
Amy Hall, Meal site mngr. 498-2186  
Jeanette Tessier, Outreach, 498-2186  
Meals on Wheels 773-5555  
Transportation- Betty Stafursky, 834-4084



### Council on Aging Board


Gwen Trelle-Chair; Genevieve Clark-Vice Chair  
Linda Hescok - Secretary; Suzanne McGowan-Treasurer, Gail Bedard, Ted Thornton, Randy Foster, Bill McGee, Lloyd Parrill, Carol Pike, Rhoda Yucavich





# December 2015 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ALL MEALS INCLUDE:</b>  <b>1% MILK</b> <b>110 CALORIES</b> <b>125 mg SODIUM</b>	<b>ALTERNATIVE MENUS:</b> <b>Dec 01 - Seafood Asian Slaw, Hoisan Black Bean Salad, Mandarin Oranges.</b> <b>Dec 08 - Seafood Salad, Mac Salad, 3 Bean Salad.</b> <b>Dec 15 - Chicken Breast with Red Pepper Pesto, Mac Salad, Peaches.</b>	<b>ALTERNATIVE MENUS CONTINUED:</b> <b>Dec 22 - Turkey Salad with Cranberries, Italian Pasta Salad, Chickpea Mint Salad</b> <b>Dec 29 - Egg Salad, Mac Salad, 3 Bean Salad.</b>	<b>1 mg Sodium</b> Autumn Harvest Soup 162 Turkey Tetrazzini* 514* Bowtie Pasta 1 Multigrain Bread 164 Applesauce 15 Total Sodium (mg): 980 Calories: 547	<b>2 mg Sodium</b> Roast Pork 73 Cran Orange Sauce 106 Yams 31 Green Peas 58 Wheat Dinner Roll 105 Almond Cookie 181 Diet: Lorna Doons 100 Total Sodium (mg): 678 Calories: 903
	<b>5 mg Sodium</b> Chicken Jambalaya 310 Brown Rice 5 Calif Vegetable Blend 22 Wheat Bread 160 Fresh Orange 0 Total Sodium (mg): 623 Calories: 592	<b>6 mg Sodium</b> Breaded Pollock 273 Tartar Sauce 261 Au Gratin Potatoes 132 Italian Veg Blend 41 Wheat Bread 160 Diced Pears 5 Total Sodium (mg): 996 Calories: 827	<b>7 High Sodium Meal</b> Cr of Broccoli Soup 275 Grilled Chicken 320 Red Pepper Pesto 22 Cous Cous 45 Multigrain Bread 164 Pineapple Cake 368 Diet: Lorna Doons 100 Total Sodium (mg): 1318* Calories: 839	<b>8 mg Sodium</b> Meatball Cacciatore 296 Ziti Pasta 1 Tossed Salad 5 Italian Bread 230 Cherry Snack Loaf 240 Diet: Grahams 85 Total Sodium (mg): 896 Calories: 701
	<b>12 mg Sodium</b> Macaroni & Cheese 488 Stewed Tomatoes 150 Wheat Bread 160 Apple 1 Total Sodium (mg): 924 Calories: 761	<b>13 mg Sodium</b> Egg Drop Spinach Soup 167 Gr Chicken Teriyaki 362 Brown Rice 5 Multigrain Bread 164 Mandarin Oranges 7 Total Sodium (mg): 830 Calories: 551	<b>14 mg Sodium</b> Chicken with Sage Stuffing & Gravy 528* Yams 31 Brussels Sprouts 12 Wheat Dinner Roll 105 Strawberry Cheesecake 285 Total Sodium (mg): 1086 Calories: 965	<b>15 mg Sodium</b> Veg Gumbo Soup 50 Honey BBQ Rib B Que 280 Sour Cream & Chive Mashed Potatoes 94 Hamburger Bun 230 Apple Cobbler 248 Diet: Grahams 85 Total Sodium (mg): 1027 Calories: 720
<b>19 mg Sodium</b> Ground Sirloin Strip with Onion Gravy 240 Baked Beans 200 Broccoli 10 Whole Wheat Bread 160 Pear 1 Total Sodium (mg): 762 Calories: 654	<b>20 mg Sodium</b> Chicken Corn Stew 141 Spinach 91 Wheat Dinner Roll 105 Diced Peaches 5 Total Sodium (mg): 466 Calories: 486	<b>21 mg Sodium</b> Butternut Bisque 149 Meatballs with 190 Mushroom Gravy 83 Chantilly Potatoes 238 White Bread 123 Choc Pudding 135 Diet: SF Pudding Total Sodium (mg): 1042 Calories: 771	<b>22 mg Sodium</b> Turkey Breast 456 Herb Gravy 80 Stuffing 176 Butternut Squash 0 Wheat Bread 160 Mixed Fruit 10 Total Sodium (mg): 1006 Calories: 529	<b>23 High Sodium Meal</b> Chicken Parmesan 860* Bowtie Pasta 1 Tossed Salad 5 HDM:Calif Veg Blend 22 Italian Bread 230 Choc Chip Cookie 160 Diet: Choc Grahams 95 Total Sodium (mg): 1382* Calories: 987
<b>26 Christmas Holiday No Meals Served</b> 	<b>27 mg Sodium</b> Haddock Newburg 364 Orzo Rice Pilaf with Spinach 49 Mixed Veggies 88 Multigrain Bread 164 Fresh Fruit 1 Total Sodium (mg): 790 Calories: 785	<b>28 mg Sodium</b> Grilled Chicken Marsala 320 Penne Pasta 1 Broccoli Au Gratin 158 Whole Wheat Bread 160 Vanilla Yogurt 5 Total Sodium (mg): 844 Calories: 591	<b>29 mg Sodium</b> Chunky Tomato Soup 177 Broccoli Bake 482 Home Fries 5 Wheat Dinner Roll 105 Fresh Fruit 1 Total Sodium (mg): 894 Calories: 653	<b>30 mg Sodium</b> Lasagna Roll Up 290 Meat Sauce 50 Tossed Salad 5 Dinner Roll 132 Gingerbread 390 Diet:Gingerboy 60 Total Sodium (mg): 992 Calories: 756

Congregate Meals are served Monday, Tuesday and Thursday at 11:30am. Please call 498-2186 to sign up for, or cancel, a congregare meal by 11am, 2 days in advance. A suggested donation of \$2.50 a meal is appreciated: \$3.00 for non-seniors. Menu is subject to change. To sign up for Meals on Wheels call 773-5555, to cancel 773-7702







## December 2016 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Check out all the trips this month! Just call 498-2186 to sign up!</p>	<p>With so many activities, I'm sure there's one or more for you! Join us for holiday fun!</p>	<p><b>1</b> 9:30 Yoga  10:30 Brown Bag unload  11:00 Betsy L on the piano  11:30 Lunch  12:15 BB bagging  12:30pm BB Pickup </p>	<p><b>2</b> 10:00 Pitch  11:00 Lunch Bunch to Franklin Tech School </p>
<p><b>5</b> 9:00 Bridge  9:30 Orange Walmart; lunch at Gardiner Ale House  11:30 Lunch  11:30 Betsy L.  12:30 Hand and Foot </p>	<p><b>6</b> 9-11:30 Foot Clinic (by appt) Blood pressure clinic  10:30 ROMEOs  11:30 Lunch  11:45 Marcus Chiaretto </p>	<p><b>7</b> 9:00 Bridge  11:00 Healthy Bones and Body  1:00 Center Pieces with Kathryn </p>	<p><b>8</b> 9:30 Yoga  11:00 Janice Garret &amp; Ann Lynch  11:30 Lunch  12:30 Life in the Senior Lane </p>	<p><b>9</b> 9:30 Job Lots; Lunch at New England Old Time Seafood Co.  10:00 Pitch  10-11 Caregivers Support Group </p>
<p><b>12</b> 9:00 Bridge  9:30 Hinsdale Walmart's; Lunch at The Marina  11:30 Name that Tune with Steve Damon  11:30 Lunch  12:30 Hand and Foot </p>	<p><b>13</b> 10:30am ROMEOs  11:30 Stuffed Chicken Dinner  12:00 Senior Meeting </p>	<p><b>14</b> 9:00 Bridge  11:00 Healthy Bones and Body  12-3:30 Fortnightly meal </p>	<p><b>15</b> 9:30 Yoga  11:00 Betsy L  11:30 Lunch  1:35 Generations of Fun </p>	<p><b>16</b> 9:00 am COA meeting  10:00 Pitch  12:00 Lunch Bunch at The Rustic Table </p>
<p><b>19</b> 9:00 Bridge  9:30 Atkins Farm and Hadley Mall Lunch at Applebee's  11:30 Betsy L.  11:30 Lunch  12:30 Hand and Foot </p>	<p><b>20</b> 9-11:30 Foot Clinic (by appt) Blood pressure clinic  10:30 ROMEOs  11:30 Lunch   </p>	<p><b>21</b> 9:00 Bridge  <u>NO</u> Healthy Bones and Body  </p>	<p><b>22</b> 9:30 Yoga  11:00 Betsy L.  11:30 Lunch   </p>	<p><b>23</b> 10:00 Pitch  </p>
<p><b>26</b> Center is Closed  Happy Holidays to All </p>	<p><b>27</b> 10:30 Romeos   11:30 Lunch   </p>	<p><b>28</b> 9:00 Bridge  11:00 Healthy Bones and Body  </p>	<p><b>29</b> 9:30 Yoga  11:30 Lunch  </p>	<p><b>30</b> 10:00 Pitch  </p>